



THE MASSEUR



American Massage & Therapy Association

FORMERLY THE AMERICAN ASSOCIATION
OF MASSEURS & MASSEUSES

OFFICIAL BULLETIN

NOVEMBER - DECEMBER 1959

DECATUR, ILLINOIS

Convention Date Set For Aug. 4, thru 7, '60

1960 Annual Convention of the American Massage & Therapy Association will be held at the Congress Hotel in Chicago, August 4th, 5th, 6th and 7th. If we can guarantee them at least 75 reservations they will give us a nice rate of 8 dollars per single and 13 dollars for double rooms.

Frank Persitsa and his brother John visited the hotel management a few days ago and started the ball rolling for our biggest event in the history of the association.

So you members out there in all the land start making your arrangements right now to attend this gala event. It will be pretty hard to put on something as nice as California did. We are making plans for this to be basically, educational — inspirational — entertaining and business. With no thought for the chapters involved to profit financially. We want this to be a convention that will make an impression on your life and mind that you will never forget.

We are considering the 3rd floor arrangement in the hotel where we will have plenty of room for meetings, lectures, assembly, and exhibits.

Thank-U-Gram

In recognition of the good you have done Mr. Brooks

Thank you so much for the splendid review of the California convention as it appeared in *The Masseur* recently. A reading of it was the next best thing to being there personally — bless you! Chicago as the next convention site was wonderful news. See you there—the Lord willing!

Anne S. Bergholz

Must commend you for getting *The Masseur* out so quickly after Convention, it was fine with one exception, I am going to wring a certain Editors neck for failing to mention that a few of our ladies danced with Lawrence Welk.

Sincerely

P. H.

September - October Issue of *Massieur* a BIG success. I had more compliments on this one issue than I have in all the time I have been editing and publishing the magazine. Calif., Ill., Ore., N. Dak., 3 from Wisc.

Thank you one and all. Chas.

NOTICE TO ALL STATE SEC'Y-TREAS.

Please send to the National Secretary Sam Dahlgren, 1104 4th Ave. So., Fargo, North Dakota your latest list of all paid up members by December 1st, 1959. We wish this compiled paid up member list to complete our files for the year book that will come out the first of the year.

YOUR DUES ARE DUE

Members this is an appeal to you. Get your dues paid as quickly as possible. It takes lots of money to run an organization and the least you can do to help keep this association running and promoting smoothly is to keep your dues paid up to date.

We wish to get our year book and registry out early this coming year and the only way you can be listed in it among the other members is to have your dues paid. So those of you that haven't paid up but are going to in a few days do it now. Please!

HOME CLIPPER

THE MASSEUR

Bimonthly publication of the American Massage and Therapy Association, formerly known American Association of Masseurs and Masseuses. Published in Decatur, Illinois Charles W. Brooks, Editor 3111 North Water Street



GEORGE D. GAMMON

PRESIDENTS REPORT

This is your Association. You can remain, small, ineffective and weak, or you can grow into a power that can be felt in all corners of the nation. It is up to you.

We, your officers can only achieve what you really want us to achieve. It is all up to you.

It has been interesting to note the quarterly reports sent in by some of the chapters and which all State secretaries are required to send in.

Oregon has already shown an increase over last year. Indiana Chapter is the pride and joy of the Association at the moment with 55 paid up members. Two new ones this year, with 45 members in attendance at their bimonthly meeting and plenty of money in the treasury.

What Indiana and Oregon can do YOU can do. So LET'S DO IT.

You have the finest set of Directors and Officers that I have ever worked with. They will work

with you, help you and guide you all we ask is that every chapter work with them.

The New Year Book will be printed and in your hands about January 1, 1960.

In the meantime I have appointed the following standing Committee Chairman.

Constitution and By-Laws—D. S. Carlson

Law and Legislation—D. S. Carlson

Schools and Colleges—Ruth Williams

Education—Emma Veenstra

Public Relations—C. Albert Chalmers

Membership—Irene Jordan

Ways and Means—Leonard Neels

Editorial—John Persona & Frank Persitsa

Job Placement—Bessie Erfurth

Year Book—Lloyd C. Allen

Any change in the Constitution and By-Laws contemplated by any member should be submitted to Mr. Carlson, who will put it in the correct form and if in order see that it is presented at the Convention.

A copy of your State and local ordinances should also be sent to Mr. Carlson, who has been authorized to draw up a model bill that we all can work on, so that an operator can transfer from one State to another without examination.

A list of Schools in your State should be sent to Ruth Williams to aid her in selecting more approved schools.

Any thing of value in the way of Public Relation will be gladly accepted by Mr. Chalmers to aid him in forming a strong Public Relations program.

Make all corrections in name and addresses right away so that this year's Year Book can be the finest ever and no one left out. All ads and material for the year book should be in Lloyd Allen's hands by November 15. This will give us 6 weeks to print and distribute the books.

New advertising and applications will be in the hands of all

State secretaries soon. Use this material to the fullest advantage. There will be valuable prizes for our members at the Annual Convention in Chicago next year. Anything that will help Irene Jordan to succeed in her goal of 1000 members, please send it to her. Help her obtain her goal.

Just think how fast our Legal Aid fund will grow with ONE THOUSAND MEMBERS. There are so many things that we can do with numbers like that.

Bessie Erfurth will handle your job needs. Anyone wishing a job who is a member write to her. She will place an ad free in the Masseur and run it as long as need be. Anyone wishing help will also have free advertising whether a member or not. Just contact Bessie and she will do the rest.

Anything of an editorial nature for the Masseur should be sent to John Persona or Frank Persitsa. They will analyze and edit it and put it in the Masseur.

With people like these to head our committees we cannot fail in progress. The final score is up to you. Keep the enthusiasm that was generated at the National Convention. Make it your business to contact every ethical technician in your State. Work a little for the Association that means so much to all of us and that can do so much for you.

GEORGE MURRAY

MEDIC GATHERS HOME CURES

If you want to get rid of a wart or mole, rub it with castor oil morning and night for a month. It will likely disappear.

If your body itches after a bath, you lack acid. Put half a pint of apple cider vinegar in the tub and relax in this acid water for 15 minutes.

If you have eczema, you also have a fat deficiency. Drink three fingers of corn oil morning and night for a month. It's likely you'll quit itching.

If you're stiff with arthritis, you need potassium. Drink a daily highball of vinegar and honey. Two teaspoons of each in a glass of water.

These are a few homespun remedies from a book I consider important. I'll tell you of the book in a minute. First, a few more recipes.

Sinus pain? Take a teaspoonful of apple cider vinegar in a glass of water every hour for seven doses. Don't gulp it; sip it.

Facial neuralgic pain? The same remedy, taken in the same manner.

Sore throat? Gargle this concoction every hour, swallowing it after the gargle. Swallowing it takes it to the lower throat area.

High blood pressure? Drink apple juice, grape juice, cranberry juice. Eat a little honey at every meal. Avoid salty foods.

Overweight? Two teaspoonsfuls of apple cider vinegar in a glass of water at every meal. In two years, any man will lose his paunch.

If anyone but a licensed physician said these things, you might think him a quack. Dr. C. Jarvis' background is unimpeachably orthodox.

After being graduated from medical school, he interned and set up practice in Vermont 50 years ago. As a hobby, he gathered and tested folk remedies. He observed:

"The rudiments of folk medicine are found in the healing plants sought by animals. Their instinct makes use of natural laws."

Vermont farmers learned from bees, chickens, cows, and horses. They prepared simple remedies. Dr. Jarvis kept notes on them all. Instead of dismissing these as old wives' tales, Dr. Jarvis tested them. He found many worked. By scientific tests, he found out why they worked.

Long before World War II, Dr. Jarvis told his story to the medical societies. His colleagues were so interested that they wanted to know more.

For 20 years, Dr. Jarvis and 50 of his colleagues in 32 states ex-

changed folk medicine lore. They organized it, exchanging letters twice a week.

Dr. Jarvis, rural medicine editor of the Medical World, wrote a book called "Folk Medicine." Henry Holt published it at \$2.95. It's Jarvis' idea that:

"An animal's life span is five times the period required to mature. By this rule a human should live to be 100, active till near the end."

We used to be told to sleep with windows open. Dr. Jarvis found a higher incidence of head colds among those who do. He observed:

"The hen sleeps with beak tucked into feathers; the dog, nose tucked under thigh; the fox bushy tail across his face. They all breathe warmed air."

So far as I could tell by studying his book, Dr. Jarvis isn't selling anything. I was as taken by his reasoning as by his remedies.

We've all been sold on citrus juices. Dr. Jarvis, without taking anything away from them, plugs for apple juice, grape juice, cranberry juice.

Apple cider vinegar and honey are the staple remedies. He tells you of:

Hunting dogs: A tablespoonful of apple cider vinegar added to their daily food ration will virtually double their endurance.

Dairy herds: Two ounces of apple cider vinegar and three drops of Lugol's solution of iodine added to each feeding ration halt Bang's disease abortions.

Race horses: Every horse fed on a special iodine-rich diet won every race in which it was entered.

Hay fever: The vinegar-honey combination, plus the chewing of honeycomb itself, works better on everybody than hay fever shots.

Starting tomorrow, I'm going to carry a flask of apple cider vinegar.

FOR SALE—One Burdick Ultra Violet Ray, \$100.00. Contact Felton's Massage Salon, 306 Maple Ave., La Porte, Indiana.

IOWA CHAPTER

Dear Chas.:

I am assuming you are still Editor of Therapy magazine as I just noticed the address strips, so here's a little for you to work on.

Eleven members and friends met for dinner at the Roosevelt Hotel, Cedar Rapids, Iowa, after the Board meeting.

Mr. Arles Bahl, Pres. of Iowa Chapter A. M. T. A. opened the meeting at 1 p.m. and two more members arrived.

Secretary read the minutes of the May meeting and they were approved. Also the Treas. report.

Communications from Mr. Geo. Gammon, new Nat'l Pres. and Mr. D. S. Carlson, Ch. of By-Laws and Legislative committees, were read.

The following resolutions were adopted:

—That all Legislative expenses be taken from the General fund till exhausted, before using the Special fund. So that the contributors to the Special Fund would not be bearing all the expenses.

—To bond the Treasurer for \$2000.00.

—To keep circulating invitations to our present prospective membership list.

Mrs. Alma Hammann of Muscatine, Iowa, was taken in as a new member.

Pres. Bahl welcomed her in behalf of the Chapter and said he hoped her association with us would be both pleasant and beneficial to her and to us as well.

Mrs. Eva Gilbertson, Ch. of nominating committee, said that as we were passing through a very important phase, and as Mr. Bahl had done such an exceptional job as president in the past year and the other officers had worked with him so nicely,

—The Board recommended the present officers be kept in office another year.

Mr. Schreiner seconded recommendation, it was carried.

Mr. Bahl asked for nominations from the floor.

Mr. Schreiner moved the nom-

Home Cures

inations be closed. Seconded by Mina McGreevey, carried.

Eva Gilbertson moved that the Sec'y cast a unanimous vote that all present officers be re-elected. Seconded by Mildred Hansen, carried.

Ella Blodgett and Mildred Hansen reported on the National Convention in Long Beach, California.

Mr. Bahl read excerpts from National Convention reports and resolutions passed.

Mr. Bahl suggested that all A.M.T.A. members be listed in the yellow pages of the Telephone Directory under "Massage Therapist," now that we have adopted that name and that we should tell our Telephone Representative under "Physical Therapy" to insert the words "see Massage Therapy," and be listed there.

An informal discussion followed on Parkinson's Disease, Multiple Sclerosis, Gout and Arthritis led by Mr. Bahl and Mr. Schreiner.

Mr. Schreiner spoke of our modern foods not having enough digestive ferments and suggested 6 oz. of buttermilk or yogurt before meals as an aid, especially in gout. He also spoke on waste retention in arthritis.

A suggestion was made to consider some sort of mat suitable for placing in newspapers, which would remind the public of some of the benefits of Hand Massage—now that the markets are flooded with the mechanical ones.

The President asked members to drop him a card before the next meeting with suggested subjects for discussion.

President reported on legislation in Michigan and N. Dakota and of his conference with lawyers.

It was decided to keep the Bills on file and watch developments.

The Chapter also decided to take a page ad in the year book.

The meeting adjourned about 4 p.m. and will meet again in late April.

Resp. Submitted,
Floy Brownlie,
Sec'y-Treas.

FOOD 'MAGIC' DEBUNKED

Dietitians Show

Superstitions, Fallacies

By Gaynor Maddox

The great advances in medicine and nutrition have helped destroy many food fallacies. Nevertheless, a number of people still cling to believe in "magical" properties of certain foods and in evil powers in other perfectly good grocery items.

A popular superstition is that oysters, raw eggs, lean meat and olives increase virility. That is not so. Those foods have no such special property—just good general health.

Dietitians and physicians have debunked some of the most persistent superstitions in a booklet, "Food Facts Talk Back," published by the American Dietetic Association.

Here are a few examples: white eggs are not more nutritious than brown. The nutritive value is not related to the color of the shell. Fish and celery are not brain foods. Special foods do not build special tissues.

Also, additional food is not needed for mental activity. The fear that proteins and starches should not be eaten at the same meal is nonsense. Many foods are a combination of protein and carbohydrates.

The belief that vegetable juices have magic health-giving properties is a myth created by promoters of foods falsely claimed to have special health qualities.

No vegetable or fruit or its juice has a specific disease curing property. Nor is it true that canned vegetable products have less nutritive value than fresh-cooked ones.

Here's another fallacy. These combinations are poisonous or harmful: milk and oysters, milk and fish, milk and lemons, milk and tomatoes, milk and cherries, milk and cucumbers, milk and oranges. Years of human experience with these combinations disprove this superstition.

But superstitions are not the only threat to enjoyment of meals. The quackery racket has invaded the field of nutrition, also.

"Public Health Reports," a journal of the U.S. Public Health Service, recently warned:

"This racket is based on misstatement of the facts of the science of nutrition. More people seem to believe more bunk about food and nutrition than about any other topic in the health field. The old-time medicine man is back again but this time he is a 'nutrition educator,'" the article adds.

This food quackery is raiding the home food budget. The American Medical Association estimates some 10,000,000 gullible people are being duped out of \$500,000,000 a year.

That money, spent in our local groceries and supermarkets, would certainly upgrade American diets. Good nutrition, the cornerstone of better family meals, is available on your grocer's shelves, not in falsely described, extravagant-priced and sometimes dangerous products of self-styled "nutrition experts" and clever charlatans.

Here is a reasonably priced, nutritionally balanced, pleasant meal made up of foods available in your market. Tuna, like all other fish and seafood, is a source of complete protein:

Split pea soup with croutons, crackers, molded tuna loaf, sliced tomatoes with green beans vinaigrette on lettuce, enriched bread or rolls, butter or margarine, apple pie, cheese, coffee, tea or milk.

NOTICE STATE CHAPTERS

The Charter with the new name may now be had at the National Sec'y-Treas. The cost of them is \$3.00. Also state what name you want printed on charter.

Samuel G. Dahlgren
National Sec'y-Treas.,
1104 4 Ave., So.
Fargo, N. Dak.

MASSACHUSETTS MEETING

On Sunday, October 18th, we met at the "Italian Village" at the Notch in Amherst, where the fall foliage was at its peak. Then we gathered at the new establishment of Lillian and her brother Felex LaBonte at 17 Mt. View Street in South Hadley Falls. It was a place to be proud of, one of the finest in Massachusetts. Three massage rooms and a beautiful reception entrance. We were met by a news photographer from the local paper, with our meeting hitting the front page.

Several members from Rhode Island were present, with them joining in our work shop. Henry LaFleur gave a demonstration on loosening the tight ligaments of the neck.

The state convention will be held in May at the Oak Inn at Springfield with Co-chairman Florence Laws and Felex LaBonte.

May we congratulate our National Secretary Samuel Dahlgren on the fine National convention report. Well done Sam!

Ann B. White,
1st Vice President

KANSAS CHAPTER

The meeting of the Kansas State Chapter of A.M.T.A. was called to order by our President Mrs. Burns. Mrs. Hunt gave the devotions, closing with a poem Blossom, and repeating the Lord's Prayer in unison.

Our membership chairman, Mr. Gray, wrote letters to the different Chambers of Commerce, for mailing list of Physio-Therapist, Physical Therapist and Swedish Massage. We were very happy at the response that he received. In turn Mr. Gray sent letters explaining to them of our Association. We had some response to his letters. To them, we sent invitation to be our guest at our meeting. We had four guests and we received application from one member. We are very thankful for having a membership chairman who is willing to

go forth in expanding our membership. We, are in hopes to say welcome members in our next meeting.

Our host and hostess, Mr. and Mrs. Bruno Franz, of Newton, Kansas. Mr. Franz, has been in our country five years. His training and practice in Germany. He lectured and showed pictures of the spine and nerves. Closing with questions which he had all the answers. Mrs. Franz, treated us to some very special German dishes. We wish to extend to them our thanks for a wonderful meeting.

Cecila Rowland, unable to be with us due to the illness of her brother. She did send in a report as to what she had found out about legislation for our chapter. Thank you Cecila, and we will be looking forward to seeing you at our next meeting.

Catherine Adams,
Sec'y-Treas.

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FAST RELIEF (48 - 96 hours)
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Each PRO-NUCLON tablet provides:

130 mg. Manganese Gluconate, 30 mg. Vitamin C, 1700 USP units Vitamin D plus 9 other important synergists.

List price: Bottles of 90 tablets—\$4.00
270—\$11.00 500—\$19.00
Write for Catalog



Bachelor: One who believes that no man should join together what God has put asunder.

INDIANA

Meeting called to order at 10:00 a.m.

President George W. Stoller, presiding.

Invocation by Lowell M. Spangle, due to the absence of our regular Chaplain Dorothy M. Olson.

The registration clerk, Lenora M. Stoller reported 45 present.

President Stoller ask each to stand and introduce themselves that we might all become better acquainted.

The secretary then read the minutes of the previous meeting held at Spangles Health Service in Gary, July 12, 1959. They were accepted as read.

Mr. Spangle as treasurer then gave the financial report. It was accepted as read.

Mr. Olson gave his report as Executive Secretary.

Mrs. Spangle as Chairman reported for the Ways & Means Committee.

Mr. Anderson as Chairman reported for the Membership Committee.

Mr. Spangle as Chairman reported for the Legislative Committee.

Mr. Spangle also gave a report on the National Convention at LaFayette Hotel in Long Beach, California, Aug. 12-13-14-15.

We awarded the post graduate certificate to those who had faithfully attended 80% of the educational Seminars held by the Indiana Chapter last year.

There being no further business we recessed for dinner at 11:40. We all enjoyed the very delicious family style dinner served at the Ranch Hobby House Restaurant.

We reconvened at 1:30 p.m. for an interesting address by our guest speaker, Richard B. Fisherling, former representative and at the time a candidate for Mayor of Fort Wayne.

Following the address by Mr. Fisherling, Mary Felton Leets took up her Post Graduate Seminar instruction presenting some special techniques for relaxing the Aorta and the Coronary Arteries.

Mr. Howard Setty presented a sound and talking movie film on the circulation of the blood. This was an educational film Vera Setty had obtained for our use. It was a new type of instruction for our Seminar program. This completed our Seminar and Vera Setty, our meeting coordinator announced the next meeting would be held at Evansville, Indiana, November 8, 1959.

We adjourned at 4:00 p.m.

Lowell M. Spangle

RHODE ISLAND CHAPTER

Our first meeting of the year found all members present at our President, Alice C. Smith's, home in Riverside, R. I. Prayer was offered at the opening and the Friendship Circle closing by Ida Thorson. Among the business issues discussed and voted in were a full page in the new Year Book; a permanent meeting date for R. I. chapter to be the first Sunday of each month, at 2 p.m. The Secretary to notify other Tri-State Secretaries, who will notify their members of dates and invitations, etc. A schedule of meetings and hosts was arranged for the year.

Discussions on new memberships and business advertising was followed by voting our Chapter to check on improper advertising of a firm in R. I. thru the Better Business Bureau.

All adjourned to a nearby restaurant for a bountiful repast after a very satisfying meeting.

Ida N. Thorson,
Sec'y-Treas. R. I.
Chapter, A.M.T.A.

GOFFINET'S HOST TO MASSACHUSETTS

Fedora and Fernand Goffinet had the meeting of the Massachusetts Chapter at their office at 197 third Street in Fall River, Massachusetts.

Mr. Cecil George of the "George Massage School," demonstrated a massage technique for a tired back, this was very interesting

and well received, as first part of a series of lectures to be given at the Massachusetts meetings. A certificate will be issued to those attending.

Felix LaBonte will be host in October at South Hadley Falls, there will be a speaker. Virginia George of North Attleboro will have the November meeting with a Physical Therapist from a hospital demonstrating Physical therapy. In January at Hotel Bancroft in Worcester, Henry LaFleur announced that our Honorary member Doctor Adolf Meltzer will give us a lecture. In March Anna Nyman of Boston will have an instructor from Tufts College. We will finish with a Tri-State convention in May at Springfield.

Ann B. White, delegate to the National convention gave the convention highlights assisted by Mae Conrad and Gladys Howard. We will try to have the National Convention in Boston 1961 or 1962, with work starting on it as of now.

We had seventeen fine and true members present with dinner enjoyed at a Chinese restaurant. It was a good meeting.

Ann B. White,
Vice-President

MICHIGAN

On Sept. 13, 1959 the Michigan chapter had their meeting. They voted in four new members.

On behalf of the Michigan members and myself, I want to congratulate the California members for putting on a fine convention.

Thank you,
Emma Veenstra

A small boy attending dancing school was instructed by his Mother to say something nice to each young lady as he escorted her back to her seat. He danced with a young girl and took her back to her seat without saying anything to her. Remembering the oversight he went back to her and said, "Mary, you sweat less than any little fat girl I ever danced with."

HEALTH EXPERTS HIT FLUORIDATION FOES

By Frank Carey

Washington —AP— The public health service says a militant minority is blocking chances for a virtual revolution in the health of the American jaw.

The service is worried about opposition to fluoridation of water supplies.

Federal watchdogs of the nation's health contend the anti-fluoridationists are perpetuating tooth decay—"a disease that seriously impairs the nation's health, manpower and economic resources."

Huge Dental Bill

Fluoridation involves adding controlled amounts of fluoride to water supplies to prevent a lot of tooth decay in a nation that has:

Ninety-seven million people with decayed teeth.

Twenty-one million more with no teeth at all.

An annual family dental bill 1.7 billion dollars for the 40 per cent of people receiving treatment.

The health service says it has been proved that fluoridation can prevent two out of three cavities in growing children, and that the benefits last thru life. Also, that the method is safe.

Dime Per Person

They say the country could save billions of dollars in dentist bills at an average annual per capita expenditure of only a dime.

But health service scientists say that anti-fluoridationists, mostly laymen, but also some medical men, are blocking progress.

Opposition arguments range from charges that fluoridation involves exposing people to a "rat poison" to a claim that it is Communist-inspired to weaken the will of the American people.

The health service says that since the value of fluoridation was established in the 1940's, more than 42 million Americans in 3,600 communities have become drinkers of fluoridated water, including 7 million whose water supplies con-

tain natural fluoride.

Most major health organizations stopped drinking fluoridated water.

3,600 Communities

But another 118 million get water from community supplies which lack fluoride. And such national health leaders as Secretary of Health and Welfare Arthur S. Flemming and Surgeon General Leroy S. Burney report these factors:

1—There has been a steady decline in the rate of acceptance of fluoridation in the last six years. In 1953—the peak year—378 different communities adopted the system. In 1958, only 145 places began fluoridation programs.

2—The number of communities which discontinued fluoridation has increased in the past five years.

3—Most of the gain in the program has been in larger cities such as Boston, San Francisco, Baltimore and Chicago. (New York City is a notable exception.)

Biggest Problems

If Sixty per cent of the nation's cities with populations of more than a half million, and 32 per cent of the cities with populations between 10,000 and 500,000 have fluoridation. But it has been adopted in only 17 per cent of communities with populations between 2,500 and 10,000 and five per cent of those in the under 2,500 category.

Dr. Donald Galagan, assistant chief of the service's dental public health division says:

"The big and medium sized cities have enough competent people to understand the problem, digest the information that is available and come to a decision.

"The small communities constitute the big problem. There, one person can block the whole bloody process."

One anti-fluoridation leader is Dr. George Waldbott of Detroit, a specialist in allergies. He says many persons never suffer ill effects from fluoridation but "another portion is especially susceptible to its poisoning."

Allergy Claim

He says some of his patients had hives and other allergic symptoms which disappeared when they in the country, including the American Dental association and the American Medical association favor fluoridation.

Opponents charge that fluoridation might cause or speed the growth of cancer, do untold damage to the internal organs of adults, make bones brittle, or cause heart trouble.

Just scare talk—without any evidence—reply advocates of fluoridation.

Opponents have contended that fluoridation systems could help saboteurs—that is, enemy agents might just turn a valve and flood a city with poisonous fluorides.

The health service replies:

To produce a lethal dose of fluoride in the water supply of the city of Pittsburgh, a saboteur would have to dump 70 railroad cars of the chemical into the water system in a day.

THE FUEL VALUE OF FOODS

You know the model of your car,
You know just what its powers
are,

You treat it with a deal of care,
Nor tax it more than it will
bear.

But for self—that's different;

Your mechanism may be bent,
Your carburetor gone to grass,
Your engine just a rusty mass.

Your wheels may wobble and your
cogs

Be handed over to the dogs;
And you skip and skid and slide
Without a thought of things inside.

What fools, indeed, we mortals are
To lavish care upon a car

With ne'er a bit of time to see
About our own machinery!

Author Unknown

What a lot of women would like to do with last year's dress is to get into it.

I WAS JUST THINKING—

. . . The greatness of us is understood the least.

Faith, love, and the magnitude of the universe place us a little lower than the angels. Of each of them we know almost nothing.

Without faith, life is no more than a heartbeat. Without love, living is pain. Without the majesty of the worlds about us, we are blind.

In the centuries of our evolution from Adam or ape, we have mastered the field and the beast. We have taken from our world and others the knowledge of strength and achievement. We have pushed aside a fold of time to call ourselves civilized.

Within us there is the ceaseless determination to know. We push onward. We light the fire of our curiosity under the rocket of our quest. We find other worlds to conquer, other depths to explore. As we penetrate the great expanse of what lies beyond our sight, we seek always to know ourselves.

Yet, though we probe and pry and analyze, we understand little of how it came to be so or the great faith which leads us. And when we discover in ourselves the strange longings and needs and the strength to sacrifice for one another, we call it love. Though we dissect and discuss, it eludes our grasp.

If we one day reach the moon and the stars and set our faint footprint on the sky, it will be only the first quavering lurch of the infant who takes one step and then another and has completed only the beginning of the march from birth to death. What we learn will be as a legend which is half fairy tale, with the words as symbols of something beyond the scope of the mind.

It is good that we strive. Because we have been granted the verities, we have also the right to the knowledge of the past and the comprehension of tomorrow.

With our minds, we light the little candles of our worlds.

But we have yet to cast illumination on faith, love, or the magnificent secret of the universe of life. These three were given us without search.

For we are the children of God.
Patty Johnson.

AUDIENCE PARTICIPATION PROGRAM

Last summer, a crew of workmen were repairing the state highway that runs through our community and, like many motorists, I was impatient with the enforced one-way traffic. Then I discovered something that brightened the bottleneck.

When the flagman at one end had let a group of cars pass, and was ready for traffic to begin from the opposite direction, he gave the driver of the last car a red flag to hand to the flagman at the other end.

It was a pleasure to see the soothing effect it had on the driver, who waved the flag proudly as he drove up the line. It gave him the gratifying feeling that he was a part of an important job.

I know. I got to carry it once.—Miss Bettye Ellison, Williamson, S.C.

ARITHMETIC OF LOVE

When our first son was born, I felt a great surge of love for the tiny red-faced mite. He was the answer to our prayers—someone to care for and cherish—but I wondered how I could ever share the same feeling with another child.

My husband's mother, wise and understanding, gave me the answer: "Each child brings its own love with it."

It's true. A few weeks ago I gave birth to my seventh child. Again I had the same feeling of love sweep over me as I gazed at my new baby.

Each child has brought its own love with it, and my problem has been solved: it wasn't love divided, no, it was love multiplied.—Mrs. Don Lund, Clearfield, Utah.

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